

Abstract

This invention relates to a method and process for calculating a dietary supplement profile for an individual of vitamins, minerals, amino acids, enzymes, herbs and other nutritional supplements to obtain optimal health and wellness by completing a health questionnaire, and optionally adding information provided by physical examination and laboratory studies, and comparing the individual's health information to a standard health profile in a computer data base. The method and process further comprises a list of commercially available products that provide the items listed in the dietary supplement profile.